July 1, 1999

CLASS SPECIFICATION

SAN DIEGO CITY CIVIL SERVICE COMMISSION

<u>**SUPERVISING ACADEMY INSTRUCTOR**</u>

<u>**DEFINITION**</u>**:**

Under direction, to plan, direct and participate in the Police Department's FIT program which provides a personalized fitness program for officers in the Police Department; and to perform related work.

* <u>EXAMPLES OF DUTIES</u>:

- Plans, directs and participates in the Police Department's FIT program;
- Serves as the program coordinator/core instructor for the POST-certified First Aid/CPR classes conducted for the Police Department and the County Sheriff's Department;
- Administers fitness tests and interprets and evaluates health profile test data;
- Provides functional supervision over part-time instructors;
- Develops and administers contracts for treadmill testing and weight training equipment;
- Evaluates program effectiveness and makes revisions to procedures and curricula content as needed;
- Serves on study groups to develop new training programs for the department;
- Provides counseling, monitoring and injury rehabilitation guidance to sworn officers and recruits;
- Monitors program expenditures and prepares budget estimates;
- Maintains records on fitness statistics.

<u>**MINIMUM QUALIFICATIONS**</u>**:**

Please note: the minimum qualifications stated below are a guide for determining the education, training, experience, special skills, and/or license which may be required for employment in the class. These are re-evaluated each time the position is opened for recruitment. Please refer to the most recent Job Announcement for updated minimum qualifications.

College graduation with a Master's degree in Exercise Physiology, **<u>AND</u>** two years of professional experience evaluating and prescribing a total fitness program for individuals or groups; **<u>OR</u>** college graduation with a Bachelor's degree in Physical Education, Physical Therapy, Exercise Science or Athletic training, **<u>AND</u>** three years of experience as described above.

* <u>EXAMPLES OF DUTIES</u> performed by employees in this class. The list may not include all required duties, nor are all listed tasks necessarily performed by everyone in this class.